

## INTISARI

### **Pengaruh *Problem Solving Therapy* terhadap *Diabetes Distress* pada Pasien Diabetes Melitus Tipe 2 di Purwokerto Kabupaten Banyumas**

**Latar belakang:** Peningkatan penyakit tidak menular (PTM) berbanding lurus dengan peningkatan diabetes melitus (DM). Tekanan emosional yang disebabkan beban emosional, layanan kesehatan, manajemen diabetes dan hubungan sosial terkait penyakit diabetes melitus membuat pasien mengalami *distress* yang disebut *diabetes distress*. *Problem solving therapy* merupakan terapi *cognitive behavioral* yang saat ini mulai dikembangkan mengurangi gejala gangguan psikologi seperti *diabetes distress*.

**Tujuan:** Membuktikan pengaruh *problem solving therapy* terhadap *diabetes distress* pada pasien diabetes melitus tipe 2 di Purwokerto Kabupaten Banyumas.

**Metode:** Desain penelitian *Quasi-eksperimen* dengan rancangan *pre-test and post-test control group design*. Subjek penelitian adalah pasien DM tipe 2 anggota Prolanis di Puskesmas Purwokerto Utara I, Purwokerto Utara II, Purwokerto Timur I dan Purwokerto Timur II. Instrumen yang digunakan *diabetes distress Scale* (DDS17 Bahasa Indonesia). Pengambilan sampel menggunakan teknik *purposive sampling*. Besarnya sampel 30 responden masing-masing kelompok. Analisis data menggunakan uji *wilcoxon*, *mann whitney test*, *chi-square*, *fisher's exact*.

**Hasil:** Nilai total skor *pre-test* dan *post-test diabetes distress* menurun pada kelompok intervensi ( $p=0,000$ ), berbeda signifikan dengan kelompok kontrol ( $p=0,903$ ). Kelompok intervensi menunjukkan perbaikan yang signifikan terhadap kelompok kontrol pada total skor *diabetes distress* ( $p=0,000$ ), domain *emotional burden* ( $p=0,000$ ), dan domain *regimen distress* ( $p=0,000$ ).

**Kesimpulan:** *Problem solving therapy* dapat menurunkan *diabetes distress* pada pasien diabetes melitus tipe 2 di Purwokerto Kabupaten Banyumas.

**Kata kunci:** *problem solving therapy*, *diabetes distress*, diabetes melitus

## ABSTRACT

### **Effect of Problem-solving Therapy on Type 2 Diabetes Patients' Distress at Purwokerto, Banyumas, Indonesia**

**Background:** The increase in non-communicable diseases was directly proportional to an increase in diabetes mellitus (DM). Emotional pressure caused by emotional burdens, health services, diabetes management and social relations related to diabetes mellitus makes patients distress called diabetic distress. Problem-solving therapy was cognitive behavioral which currently being developed to reduce psychological disorders such as diabetes distress.

**Objective:** This study aimed to identify the effect of problem-solving therapy on type 2 diabetes patients' distress at Purwokerto, Banyumas, Indonesia.

**Method:** This study was a quasi-experiment with pre-test and post-test control group design. The subjects were type 2 diabetes mellitus member of Prolanis at Puskesmas Purwokerto Utara I, Purwokerto Utara II, Purwokerto Timur I dan Purwokerto Timur II. Research Instruments were Diabetes Distress Scale (DDS17 Indonesia). Samples were selected through purposive sampling technique. The sample size was 30 respondents from each group. The analysis used a Wilcoxon test, Mann Whitney test, Chi-square, and Fisher exact.

**Results:** The total scores of pre-test and post-test diabetes distress decreased in the intervention group ( $p=0,000$ ), significant different from the control group ( $p=0,903$ ). The intervention group showed significant improvements relative to the control group in totally of diabetes distress scale ( $p=0.000$ ), emotional burden domain ( $p=0.000$ ) and regimen distress domain ( $p=0.000$ ).

**Conclusion:** Problem-solving therapy can reduce diabetes distress in patients with type 2 diabetes mellitus at Purwokerto, Banyumas, Central Java, Indonesia.

**Keywords:** problem-solving therapy, diabetes distress, diabetes mellitus